

Black Betty

拍數: 64 牆數: 4 級數: Intermediate
編舞者: William Sevone (UK)
音樂: Black Betty - Tom Jones



2X STOMP-STOMP-KICK BALL SIDE, (12:00)

- 1-2 Stomp right foot next to left, repeat
- 3&4 Kick right foot forward, step right foot next to left, touch left toe to left side
- 5-6 Stomp left foot next to right, repeat
- 7&8 Kick left foot forward, step left foot next to right, touch right toe to right side

CROSS STEP, ¾ LEFT, SHUFFLE BACKWARD, CROSS-SIDE TOUCH, SYNCOPATED STOMP TURNS - OR OPTION, (12:00)

- 9-10 Cross step right foot over left, unwind ¾ left (weight on right foot)
 - 11&12 Step backward onto left foot, close right foot next to left, step backward onto left foot
 - 13-14 Cross touch right toe over left foot, touch right toe to right side
 - &15 Step right foot next to left, turn ¼ right & stomp left foot slightly forward (weight on both feet),
 - &16 Turn ¼ left & step left foot next to right, turn ¼ left & stomp right foot slightly forward
- Option: counts &15&16: 15, stomp right foot next to left, 16, turn ¼ left & stomp right foot slightly forward**

STEP BEHIND, ¼ RIGHT STEP FORWARD, JERK STEP (RIGHT, LEFT), HIP BUMPS WITH EXPRESSION, (3:00)

- 17-18 Cross step left foot behind right, turn ¼ right & step forward onto right foot
 - 19&20 Step forward onto left foot, close right foot next to left, step forward onto left foot
 - 21-22 Jerk step right foot to right side, jerk step left foot to left side
- Jerk step: e.g., to the right - body leaning slightly left, raising knee and stepping foot down to right transferring weight to right foot**
- 23&24 (Bending knees) push hips to right, push hips to left, push hips to right (weight on right foot)

¼ LEFT KICK, STEP BACKWARD, ¼ LEFT SHUFFLE FORWARD, FORWARD FULL TURN RIGHT, SHUFFLE FORWARD, (9:00)

- 25-26 (Straightening up) turn ¼ left while kicking left leg to side & forward, step backward onto left foot
- 27&28 Turn ¼ left & step forward onto right foot, close left foot next to right, step forward onto right foot
- 29-30 Turn ½ right & step backward onto left foot, turn ½ right & step forward onto right foot
- 31&32 Step forward onto left foot, close right foot next to left, step forward onto left foot

JERK STEP (RIGHT, LEFT), HIP BUMPS WITH EXPRESSION, ¼ LEFT KICK, STEP BACKWARD, ¼ LEFT SHUFFLE FORWARD, (3:00)

- 33-34 Jerk step right foot to right side, jerk step left foot to left side
- 35&36 (Bending knees) push hips to right, push hips to left, push hips to right (weight on right foot)
- 37-38 (Straightening up) turn ¼ left while kicking left leg to side & forward, step backward onto left foot
- 39&40 Turn ¼ left & step forward onto right foot, close left foot next to right, step forward onto right foot

ROCK FORWARD, ROCK ¼ LEFT, SAILOR STEP, BEHIND TOUCH, SIDE STEP, SAILOR STEP, (12:00)

- 41-42 Rock forward onto left foot, rock onto left foot & turn ¼ left
- 43&44 Cross step left foot behind right, step right foot to right, step left foot to left
- 45-46 Cross touch right toe behind left heel, step right foot to right side
- 47&48 Cross step left foot behind right, step right foot to right, step left foot to left

2X CROSSING TOE STRUT-CHASSE LEFT, (12:00)

49-50 Cross step right toe over left foot, drop right heel to floor
51&52 Step left foot to left side, step right foot next to left, step left foot to left side
53-54 Cross step right toe over left foot, drop right heel to floor
55&56 Step left foot to left side, step right foot next to left, step left foot to left side

¼ LEFT STEP FORWARD, STEP FORWARD, KICK-BACKWARD STEP-BACKWARD STEP, PIVOT ½ LEFT, STEP FORWARD, SHUFFLE FORWARD, (3:00)

57-58 Turn ¼ left & step forward onto right foot, step forward onto left foot
59&60 Kick right foot forward, step backward onto right foot, step backward onto left foot
61-62 Pivot ½ left, step forward onto right foot
63&64 Step forward onto left foot, close right foot next to left, step forward onto left foot

REPEAT

RESTART

After count 48 of wall 3 restart the dance (facing 6:00)

DANCE FINISH

The dance will finish on count 64 of wall 4 (facing 'home'), add the following to count 64:
Touch hat brim with right hand, left hand on left hip
